Table 2

Published natural vitamin D-3, vitamin D-2, 25(OH)-D3, and 25(OH)-D2 content in milk and dairy products[1]

[1]All values are means in μg/L unless indicated otherwise. 25(OH)-D-3, 25-hydroxycholecalciferol; 25(OH)-D2, 25-hydroxyergocalciferol; UHT, ultra heat-treated.

[2]Unclear whether vitamins D-3 + D-2 or D-3 or D-2.

[3]Cows supplemented with 4000 IU/d.

[4]All values for butter and cheese are means in μ/kg.